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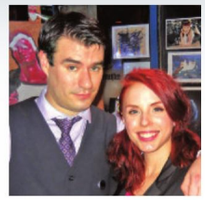
PAGE 14



Kids' lunch tainted with insecticide

Twenty-two dead in India after eating contaminated free school meal

PAGE 7

CAR CHASE ENDS WITH A CRASH

Ottawa police are seen arresting a 34-year-old man Wednesday following an early-morning car chase through Ottawa's downtown that ended with a crash. Police say they were "investigating a suspicious vehicle" around 7:18 a.m. when the three-minute chase began. It ended when the suspect's grey car collided with a police vehicle on Kent Street, near Lisgar Street. Police say there were no serious injuries in the incident and charges are pending. KEVIN GRAFF/FOR METRO

Ottawa doubles down on two casinos

Sens president thrilled. Undeterred by OLG rejection, city votes to lobby province for two gambling houses

ALEX BOUTILIER
alex.boutilier@metronews.ca

Ottawa City Hall will once again ask the provincial government to approve two gambling operations in the city, contrary to Ontario Lottery and Gaming's stated position.

Councillors unanimously approved a motion from Coun. Tim Tierney to punt the matter to an Aug. 26 meeting of the city's finance and economic development committee.

In the interim, Mayor Jim Watson will lobby Queen's Park to allow operations at the Rideau Carleton Raceway (RCR) to continue in addition to a second casino in the city.

Watson's office has had no luck with that pitch so far.

The motion replaces one floated by the mayor last month, which would list RCR as the only acceptable location for an expanded gambling den in the city.

That motion came about after former OLG president Paul Godfrey nixed the idea of a "satellite" operation at RCR.

Watson's original motion angered Senators owner Eugene Melnyk, who wants a casino near the Canadian Tire Centre.

Sens president Cyril Leader applauded council's decision Wednesday afternoon, saying the organization will work with council in advance of the August meeting.

The RCR's Alex Lawryk said he only received the updated motion on Wednesday, and the racetrack will require more time to study it.

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Single-vehicle incident

Fatal accident shuts down Highway 417

Ontario Provincial Police are investigating a single-vehicle accident that claimed the life of a 47-year-old Ottawa woman on Highway 417.

OPP officers responded to a report of a single-vehicle crash on Highway 417 near North Glengarry Township at approximately 3:15 p.m. Tuesday.

Police say a 2001 Subaru driven by Inas Naseif Bolus, 47, left the roadway and went into a ditch. Bolus was pronounced dead at the scene, while a 15-year-old male passenger was transported to Ottawa with serious injuries.

OPP continue to investigate. ALEX BOUTILIER/METRO

Animal-cruelty case

Man found guilty of repeatedly attacking dog

A Cornwall man has been found guilty of attacking a dog.

Stepha Franklin, 23, was convicted of animal-cruelty charges after court heard he repeatedly punched a dog in a car parked at an Ottawa mall back in February.

Mercedes, a boxer-shepherd that belonged to the man's then-girlfriend, had been snacking on Caribbean food left in the car.

Testimony from an eyewitness and the man's ex-girlfriend were heard by the judge.

Franklin has previous assault convictions for which he's currently serving time. He is to be sentenced on Friday. THE CANADIAN PRESS

Health scare. Doctor facing $20M lawsuit

An Ottawa doctor who caused an HIV and hepatitis B and C health scare for 6,800 patients in 2011 now faces a $20-million lawsuit and a disciplinary hearing that could result in the revocation of her licence.

In October 2011, Ottawa Public Health sent letters to Dr. Christiane Farazli's patients telling them to get tested for the diseases after accusations emerged her clinic didn't properly clean and disinfect equipment used for endoscopies and colonoscopies.

Following an investigation by the College of Physicians and Surgeons of Ontario, those allegations and others alleging "Dr. Farazli engaged in disgraceful, dishonourable" conduct when treating patients, will be heard by the discipline committee of the college.

No date has been set for the college hearing, but Farazli will get a chance to defend herself, a college spokesperson said. Possible outcomes of a college hearing include exoneration, a fine or loss of Farazli's medical licence.

GRAHAM LANKTREE/METRO

Peddle on. Laurier Avenue bike lanes here to stay

Ottawa councillors voted to make the Laurier Avenue bike lanes a permanent fixture Wednesday, paving the way for a raised and completely segregated east–west bike path.

City staff reported the bike lanes, a two-year pilot project, had "achieved their main objectives of significantly increasing bicycle traffic and cycling mode shares within the downtown area." The city registered more than three times the number of trips in 2012 compared to before the bike lanes were segregated.

In addition, the lanes reduced the number of cyclist-vehicle collisions, with 23 collisions in between July and December in 2011 and 36 over the same period in 2010 — although several years of collision data are usually required to draw meaningful lessons, staff say.

Parking stock has not been reduced (albeit staff use the metric of parking spots within a 10-minute walking distance).

ALEX BOUTILIER/METRO

Shop keeps planet green with eco-friendly sex toys

Good for the environment. Ottawa online sex shop pushes greener alternatives

GRAHAM LANKTREE
graham.lanktree@metronews.ca

Sex toys aren't the most eco-friendly products since most are made from silicone or other heavy-duty rubbers, yet one small and growing online shop based in Ottawa's west end is looking to change that.

"We don't think about greening up our sex life, but we see things getting greener," said Caroline Séguin, who launched Sensual-intelligence.ca in January, selling eco-friendly sex toys and lubes with friend and business partner Martee Larocque.

"We focus on getting rechargeable toys. There are starting to be more and more since the We-Vibe was created in Ottawa," said Séguin, of the successful vibrator made by Standard Innovation that has sold two million worldwide since 2009.

"The public needs to know that batteries are bad. They contain mercury, lead, cadmium. They get into our landfills and into the Earth," Séguin added. In a 2009 report, Environment Canada concluded just five per cent of batteries are recycled properly and batteries are the source of 52 per cent of all cadmium and 88 per cent of all mercury contaminants in our landfills, which seep into our drinking water.

Alternatives such as metal and glass vibrators and dildos are also on Sensual-Intelligence's product list, yet lubes and bondage gear can also be greener. "There are lots of petrochemicals in lubes," Séguin points out.

Martee Larocque and Caroline Séguin of Sensual-Intelligence.ca are looking to a greener sex-toy industry. CONTRIBUTED

The "light-bulb moment" for their business, Séguin said, came when vegan Alicia Silverstone endorsed the Leaf Vitality Vibrator, dreamed up by Canadian designers.

"We started Googling other products that were made in Canada," she said. "After a while we had enough to get us started."

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It's no itsy-bitsy lawsuit coming down water spout

$725,000. Man sues Calypso Water Park over parking-lot assault

JOE LOFARO
joe.lofaro@metronews.ca

Calypso president and CEO walk up the stairs in this photo from 2011 to show off the park's 10-storey water slide called Summit Tower. JOE LOFARO/METRO FILE

Three weeks before the Technical Standards and Safety Authority laid 20 safety-related charges against Calypso Water Park, lawyers representing a Stittsville man filed a $725,000 civil lawsuit against the park after he had his orbital bone (eye socket) broken by a patron who was allegedly over-served with alcohol.

The statement of claim filed June 25 said the plaintiff, Joshua Proulx, is seeking $500,000 in damages for pain, suffering, disfigurement and loss of enjoyment of life.

The lawsuit alleges park staff were negligent by improperly serving alcohol to Benoit Laferriere and/or Charles Laferriere at Calypso prior to the fight in the parking lot around 7:15 p.m. on June 26, 2011.

Proulx was leaving the popular Limoges water park with his friends when, he alleges, he was approached by two men who attacked them. They beat up Proulx with their hands and feet, causing him severe bodily pain, according to the statement of claim.

The lawsuit argues the park either served alcohol to the two defendants excessively or failed to stop them from consuming their own alcohol on park grounds that day. Calypso staff are required to search patrons' bags for items such as alcohol, portable radios and glass containers before allowing them on the site.

"They failed to protect patrons and in particular, the plaintiff, Joshua, from harm which they knew or ought to have known might occur," the statement of claim said of Calypso staff. "They failed to properly train or instruct their employees in the proper service of alcohol and in security and maintenance of the property."

None of the allegations have been proven in court.

Proulx suffered multiple facial fractures, including a broken orbital bone, permanent nerve damage to the right side of his face, several cracked teeth, closed head trauma, headaches, memory loss, emotional distress including depression and anxiety, and personality change.

The claim went on to say that Proulx "missed time from continuation of his education, which has resulted in his graduation being delayed and his entry into full-time employment being affected."

His mom, dad and sister are seeking $75,000 each in damages for loss of care, guidance and companionship of Proulx. They are also claiming damages for lost time from work and out-of-pocket expenses.

Annie Boucher, a spokesperson for Calypso, said wine, beer and coolers are served at several restaurants throughout the park between 11 a.m. and 8 p.m. She said that there are security staff in the parking lot and that, as of this season, an extra layer of security was added to the park.

"Every day there's people from an external security firm that helps support the on-staff security personnel," said Boucher. "We don't believe there's a need for more security. The professional security was added on obviously because it was felt that was required."

Boucher did not say whether Calypso's lawyers have filed a statement of defence.

Steamer injury

$500K lawsuit filed

A second civil lawsuit filed against Calypso in the past three weeks is from an Embrum, Ont., woman who is seeking $500,000 in damages for head injuries she sustained on The Steamer slide on Aug. 3, 2011.

Joanne Davidson was ejected from her tube as she approached the bottom of the funnel and struck her head and neck on her way down. In addition to a head injury, Davidson suffered whiplash, severe post-traumatic headaches, myofascial pain syndrome, and migraines, the lawsuit alleges.

The statement of claim also alleges that the defendants, Calypso and Developpements Limoges Inc., "failed to ensure that the supply of water to the top of the slide was sufficient to allow for the safe operation of the ride."

Davidson will continue to incur out-of-pocket surgical, rehabilitative and physiotherapy expenses, according to the statement of claim.

Boucher said Calypso made changes to the ride's water flow after it was shut down at the end of 2011. The TSSA granted a new permit for the ride and it was reopened to the public at the end of June 2012, Boucher said.

Boucher was unable to say whether Calypso's lawyers have filed a statement of defence. JOE LOFARO/METRO

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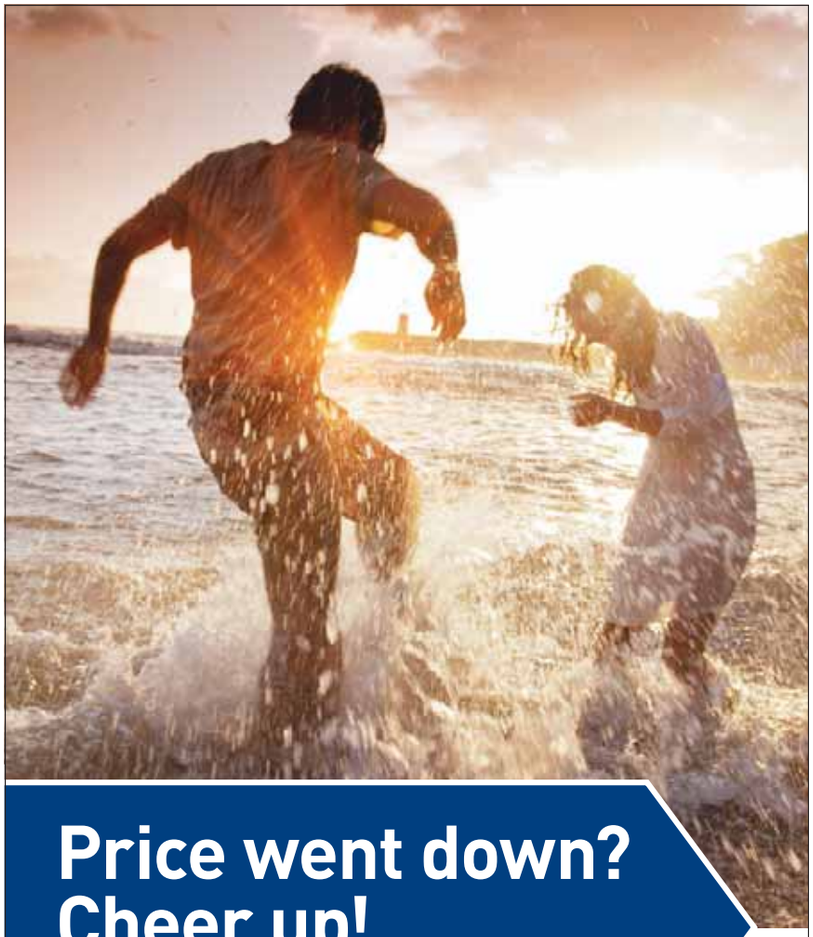

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An artists's conception of the proposed western LRT glimpsed through a vent as it travels across NCC land beneath an earth berm. CONTRIBUTED

Richmond Underground moves ahead

NCC still not on board. Council votes unanimously to put LRT on federal land, gets terse email response

An estimated $980 million project over 1.2 kilometres of federal land, which the National Capital Commission vehemently opposes, provoked no debate at Ottawa City Hall on Wednesday.

Councillors unanimously approved the preferred corridor of the Richmond Underground with no discussion. Mayor Jim Watson, apparently surprised, said "that was easy."

Not so easy is the next phase of the project, where Ottawa City Hall has to find a way to convince the NCC to allow it to run above-ground light-rail tracks over Rochester Field.

"Notwithstanding today's decision by Ottawa City Council ... the decision as whether to build or not on federal lands in this corridor will remain with the (NCC) Board of Directors," wrote the NCC in an emailed statement after the vote.

In his own statement, Watson said Ottawa City Hall looks forward to continuing work with the NCC.

At issue is a 1.2-km stretch of federal land. The NCC board made it abundantly clear that it wants that stretch of the track buried. Internal city documents have that price tag at $180 million on a $980-million project, and deputy city manager Nancy Schepers said it simply can't be done under the current budget.

Wednesday's vote means the Richmond Underground plan will be included in the coming refresh of the city's transportation master plan, while the conflict with the NCC remains unresolved.

ALEX BOUTILIER/METRO

Ottawa's 'degraded' Main Street to get makeover

Ottawa city council approved a "complete street" makeover for Main Street in Old Ottawa East Wednesday, albeit not without some dissent from suburban and rural councillors.

Main Street from Echo Drive to McIlraith Bridge will get a redesign as the city undertakes an integrated road, sewer and water renewal project. The arterial road will be reduced to two and three lanes along certain sections, providing cycling lanes and wider sidewalks.

"Main Street has degraded as a place to live, a place to walk, a place to own a business and a place to develop because it has become a fast-moving, noisy, scary corridor to be on any time other than when there's congestion," said area Coun. David Chernushenko Wednesday.

Quoted

"This is a chance to renew Main Street in every way."

Coun. David Chernushenko

Unsurprisingly, not every councillor is on the same page with the city's move to "complete streets" — streets that accommodate all forms of transportation, not just vehicles. Votes like this at Ottawa City Hall often break along the old urban–suburban–rural lines.

Wednesday's vote was no different, with councillors Alan Hubley, Stephen Blais, Steve Desroches, Jan Harder, Scott Moffatt and Diane Deans voting against the renewal project.

In the end, the Main Street renewal project passed with a vote of 18-6. Construction is expected to start in late 2014 and be completed in 2016.

ALEX BOUTILIER/METRO

22 kids die after eating free school lunch

India. Not yet clear how food got tainted with insecticide

The children started falling violently ill soon after they ate the free school lunch of rice, lentils, soybeans and potatoes.

The food, part of a program that gives poor Indian students at least one hot meal a day, was tainted with insecticide, and soon 22 of the students were dead and dozens were hospitalized, officials said Wednesday.

It was not immediately clear how chemicals ended up in the food at the school in the eastern state of Bihar. One official said that the food may not have been properly washed.

The children, between the ages of 5 and 12, got sick soon after eating lunch Tuesday in Gandamal village in Masrakh block, 80 kilometres north of the state capital of Patna. School authorities immediately stopped serving the meal as the children started vomiting.

Savita, a 12-year-old student who uses only one name, said she had a stomach ache after eating soybeans and potatoes and started vomiting.

THE ASSOCIATED PRESS

Headmistress flees

- Authorities suspended an official in charge of the free-meal scheme in the school and registered a case of criminal negligence against the school headmistress, who fled as soon as the children fell ill.

Children who fell sick after eating a free school lunch lie at a hospital in Patna, India, Wednesday. At least 22 kids died. AFTAB ALAM SIDDIQUI/THE ASSOCIATED PRESS

Dear Malala. Taliban commander writes to girl his group tried to murder

A prominent Pakistani Taliban commander has written a letter to a teenage girl shot in the head by the group, expressing regrets that he didn't warn her before the assassination attempt that propelled her activism to the international stage.

The letter from Adnan Rasheed, however, didn't apologize for the October attack that left Malala Yousafzai gravely wounded. Rasheed, who has close relations with Taliban leaders, only said that he found the shooting "shocking" and wished it hadn't happened.

Rasheed said he would leave it up to God to decide whether the activist for girls' education should have been targeted.

"You have said in your speech yesterday that pen is mightier than sword," Rasheed wrote in reference to Malala's speech Friday at the United Nations, "so they attacked you for your sword not for your books or school."

Rasheed said the letter received by The Associated Press late Tuesday night expressed his own opinion, not that of the militant group. Another Taliban commander confirmed to the AP the letter, written in English, was authentic.

Malala Yousafzai
MARY ALTAFFER/THE ASSOCIATED PRESS

Malala was 15 years old when she and two of her friends were attacked on their way home from school in Pakistan's northwest Swat Valley. Malala celebrated her 16th birthday last week by giving a speech at the UN in New York, demanding world leaders provide free education to all children.

Rasheed said the Taliban did not attack Malala because she was a proponent for girls' education, but because she was critical of the militant group when it took over much of Swat in 2008 and 2009.

THE ASSOCIATED PRESS

Same-sex marriage

Britain makes it official: Gay marriage OK'd

With little fanfare or controversy, Britain announced Wednesday that Queen Elizabeth II had signed into law a bill legalizing same-sex marriages in England and Wales.

Official word that the queen had approved the bill drew cheers in the usually sedate House of Commons.

THE ASSOCIATED PRESS

Royal birth

England and wails: Queen impatient for baby to arrive

It seems Queen Elizabeth II is getting a bit impatient as she waits in a rare British heat wave for the birth of her third great-grandchild.

Asked by a schoolgirl at a public event whether she was hoping for a boy or a girl, the queen said, "I don't think I mind. I would very much like it to arrive. I'm going on holiday."

THE ASSOCIATED PRESS

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Hollywood. Reason for riot still unclear: Police

Packs of young people rampaged through Hollywood, knocked down people and stole cellphones and other items before a police sweep halted the marauding and arrested a dozen people, police said.

Fifteen to 20 young men and women were "attacking victims and taking property," said Lt. Ray Valois. No serious injuries were reported.

Police believe the youths took advantage of a redeployment of police to Los Angeles' Crenshaw District, where violence had broken out the previous night over the acquittal of watchman George Zimmerman in the shooting death of an unarmed black teenager.

THE ASSOCIATED PRESS

First Nations. Leaders seek food security

Angry leaders from the Assembly of First Nations want a federal response to research that says nutritional experiments were conducted on unwitting, hungry aboriginal children in the 1940s.

Grand Chief Shawn Atleo says the revelations in a Canadian Press story are dominating conversations at an assembly meeting in Whitehorse.

He says the assembly is drafting an emergency resolution demanding that Ottawa acknowledge that aboriginal children are still hungry.

The AFN leaders say the Harper government should stop fighting the assembly's attempts to ensure food security. THE CANADIAN PRESS

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Owner of gore website charged

Corrupting morals. Edmonton man faces jail time after posting alleged Magnotta video online

ANNALISE KLINGBEIL
Metro in Edmonton

The Edmonton owner and operator of a "shocking" gore website has been charged for posting a video allegedly sent to him by Luka Magnotta that depicts the murder of university student Jun Lin.

Magnotta is scheduled to stand trial in September 2014 for the murder and dismemberment of Lin, whose severed body parts were mailed across the country in spring of last year.

A video depicting the murder was allegedly sent by Magnotta to bestgore.com and posted online by the website's owner and operator, Edmontonian Mark Marek. The video remained on the site for eight days.

After a lengthy police investigation that included months spent trying to track down Marek, who authorities believe has no fixed address and was living out of a vehicle, the 38-year-old has been charged with corrupting morals.

"I've never heard of that charge before.... I believe this may be the first time it's ever been laid in Edmonton," said EPS Staff Sgt. Bill Clark.

Clark said two Edmonton detectives from the homicide section were assigned to the case in June of 2012 and worked to track down the site's owner and operator.

Cops located Marek in Edmonton in February but still had not obtained enough evidence to charge him.

The day after he was located, Marek left the country and Canadian Border Services was notified.

On July 10, Marek landed in Vancouver and his laptop, hard drive and USB keys were seized. Police still didn't have enough evidence to lay charges.

A co-operative Marek was interviewed on Tuesday afternoon in Edmonton and provided authorities with "a lot" of evidence, Clark said.

At the end of the interview, Marek, who has no prior police involvement, was charged. The maximum penalty for corrupting morals is two years.

Alleged kidnapper pleads not guilty on 977 counts

Ariel Castro, left, stands before a judge with defence attorney Craig Weintraub during Castro's arraignment on an expanded 977-count indictment Wednesday in Cleveland. Castro is charged with kidnapping and raping three women for more than a decade in his Cleveland home. Castro pleaded not guilty to 512 counts of kidnapping and 446 counts of rape. TONY DEJAK/THE ASSOCIATED PRESS

DID YOU KNOW?
FACT:
Wireless rates in Canada are typically lower than in the U.S., in some cases up to 40% lower[1] and smartphone monthly plans are actually less expensive in Canada than in the United States.[2]
Source:
(1) Wall Communications Report, prepared for CRTC, July 2013.
(2) Scotiabank, March 7, 2013
CANADA A WORLD LEADER IN WIRELESS
cwta
Canadian Wireless Telecommunications Association
Association canadienne des télécommunications sans fil
acts

Deadly gales, happy trails

While a violent tempest can destroy property and bring financial ruin, it's also the key to fortune for an intrepid breed of entrepreneur: the storm chaser. George Kourounis, full-time chaser and former host of the TV series Angry Planet, reveals the secrets to survival in his dream job.

RITA POLIAKOV
rita.poliakov@metronews.ca

COURTESY GEORGE KOUROUNIS

Instead of your math homework, you were busy counting lightning strikes. When your parents pleaded with you to go to law school, you drowned them out with the sound of hurricane-force winds. So unless you became a meteorologist, chances are you're still seeking that dream job.

Well, storm chasing may just be in your forecast.

As violent weather becomes more common, what may have seemed like a fairy tale now might be a valid career choice.

It worked for George Kourounis, a full-time storm chaser and adventurer who tracked his first tempest in 1998. After years of dodging cattle, embracing hail and praying for lightning, Kourounis, who makes his living by photographing and filming tornadoes, hurricanes and other natural phenomena, offers four skills you'll need to thrive — and survive — in your ideal career.

Take your veggies, leave the candy

You have to know what you're looking for. Kourounis hunts for supercell storms — thunderstorms known for their rotating updraft.

"It looks like a cauliflower," he says of storms with the potential to produce a good tornado. "If it looks like cotton candy — soft and mushy — then no."

What Kourounis is really searching for is a cap, a layer of warm air that covers cold air in a storm. If it's strong, but not too strong, then the storm will eventually get through the cap. "Then you've got these explosive storms," he said.

Learn to mind the cows

Driving skills are crucial.

"Some of the most dangerous things don't involve the actual phenomenon," Kourounis said. "Driving on the roads, that is far more dangerous."

That's because tracking a storm will often involve hours of driving, sometimes on unpaved, dangerous paths. Factor in other storm chasers paying more attention to the sky than the road, panicked locals, clay surfaces that don't mix well with water and errant farm equipment, and your chances of crashing have just skyrocketed.

Kourounis has even been caught in a cattle stampede at the worst possible time.

"We had baseball hail coming down, a tornado on the ground moving slowly toward us ... and a herd of cattle that would not get out of my way," he said.

Develop a strong stomach

Storm chasing comes with its fair share of superstitions.

Kourounis firmly believes, for example, that if he accidentally hits a bird, he'll find a storm that day. He also refuses to eat steak unless he's seen a tornado. And when in Texas, if you pass an Allsups, you better stop for a burrito — no matter how unappetizing — or the fates will be against you.

Know when to walk — or run — away

Kourounis's most important rule is simple enough: Know when to let the tornado go.

"No photo's worth dying for," he says.

Raining cash?

According to Kourounis, one tornado season can cost a few thousand dollars in gas, food, hotels and travel. And your competition isn't just other storm chasers, but everyone with a cellphone camera who's willing to give their shots away for free.

- **On the flip side,** documentaries looking for professional storm footage can pay $35 per second.

Head in the clouds

If you're looking for the perfect twister, here's his list of the best places to find it:

- Tornado alley: North Texas, Oklahoma, Kansas, Nebraska (May and June)
- Dixie alley: Mississippi, Alabama, Tennessee (March and April)
- Northern plains: Dakota, the Canadian Prairies (summer)
- Southern Ontario: in the corridor from Windsor to Barrie (May to August)

Moving targets

1,200

The U.S. gets about 800 to 1,200 tornadoes a year. Canada gets about 60.

Gear up and get going

Strobe, emergency lights

These help illuminate the road. Essential at night.

A good laptop

This is key. Kourounis's computer has radar software that he checks regularly.

Radio

This is Kourounis's link to the outside world. It allows him to communicate with fellow storm chasers and weather stations.

RITA POLIAKOV/METRO IN TORONTO

A trusty car

Kourounis has a 1999 Honda CRV. The car is covered in hail dents, which he sees as trophies. He's had to replace the windshield several times.

GPS

Kourounis has a basic model as well as a more sophisticated GPS that he runs on his computer.

More online

Check out videos of George Kourounis's escapades online at his YouTube account, gkourounis.

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Access to Europe. Porter Airlines inks interline deal with Icelandair

Porter Airlines has signed an interline agreement with Icelandair that gives passengers on its flights access to Europe on a single combined e-ticket, the Toronto-based airline announced Wednesday.

The agreement allows passengers to book a single combined e-ticket for Porter Airlines and Icelandair flights and check baggage through to their final destination.

"This is Porter's first interline agreement providing access to Europe," said Michael Deluce, Porter's chief commercial officer.

THE CANADIAN PRESS

Two growing airlines

- Icelandair provides service to Iceland from several North American cities and offers connections to more than 20 cities in Scandinavia, Britain and Continental Europe.
- Porter is a regional airline based at Billy Bishop Toronto City Airport.

Market Minute

DOLLAR 96.02 ¢ US (-0.45 ¢)

TSX 12,568.77 (+51.88)

OIL $106.48 (+48¢)

GOLD $1,277.50 (-$12.90)

Natural gas: $3.63 (+3¢)
Dow Jones: 15,470.52 (+18.67)

Original idea: 'KFC eleven' goes boneless, drops colonel

KFC will offer new boneless pieces of chicken as an alternative to its traditional breast, thigh and drumstick pieces. The chain says the offering reflects the growing popularity of easier-to-eat chicken strips and nuggets. KFC/THE ASSOCIATED PRESS

But is it still finger-lickin' good? The fast-food chain is opening a test upscale restaurant, with the Original Recipe, minus bones and mascot

KFC is tossing out the chicken bones and the quaint image of founder Col. Harland Sanders as it gets ready to test a slightly more upmarket restaurant.

The fried-chicken chain says it's opening a location called "KFC eleven" early next month near its headquarters in Louisville, Ky., that will serve flatbreads with toppings, rice bowls, salads and only boneless pieces of its Original Recipe chicken.

The restaurant's exterior won't feature Sanders, whose bespectacled, white-bearded likeness has long been front and centre at traditional KFC locations. But the name of the test restaurant is a reference to the 11 herbs and spices Sanders used in the Original Recipe.

KFC eleven's opening is a reflection of the challenges facing traditional fast-food chains such as McDonald's, Burger King and Wendy's. The problem is that people in their 20s and 30s are increasingly heading to chains such as Chipotle Mexican Grill and Panera Bread, where they feel they get better food for slightly higher prices.

THE ASSOCIATED PRESS

Would Col. Sanders approve?

John Cywinski, president of KFC, said in an interview the company hoped to use the new test location to learn how it can update its offerings and draw in a broader customer base, particularly women.

PHARMACIE DESJARDINS PHARMACY

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For General Campus: send your resume by email to jauprix@oms.ca or by fax to 613.731.3025.
For Civic Campus: send your resume by email to nsaatcioglu@oms.ca or by fax to 613.761.4498.

MEMBER OF THE DESJARDINS HEALTHCARE GROUP

New leadership

BoC holds steady on 1% interest rate

The Bank of Canada issued its first policy announcement and economic outlook under Stephen Poloz sticking with the one per cent policy interest rate.

THE CANADIAN PRESS

EK3 acquisition

Cineplex to grow digital signage

Cineplex Inc. aims to grow its digital signage unit in Canada and the U.S. through the proposed friendly takeover of EK3 Technologies Inc.

THE CANADIAN PRESS

Too dominant, says EU

Google, a victim of its own success?

The European Union's competition chief says Google isn't doing enough to overcome concerns that it's stifling competition, and ordered it to come up with new ideas. THE ASSOCIATED PRESS

Company behind derailment lays off staff

An engineer checks the engine of a Montreal Maine and Atlantic locomotive outside the offices of MMA railway in the town of Farnham, Que., on July 11. The company involved in the deadly Quebec train derailment has laid off one-quarter of its workforce in the province. A union representing employees at the Montreal, Maine and Atlantic Railway says the company has laid off 19 of its 75 workers in Quebec. GRAHAM HUGHES/THE CANADIAN PRESS

STUPID SUMMER AND ITS HEAT

HE SAYS

John Mazerolle
metronews.ca

I miss winter.

Yes, that's right. You heard me. Baby, I wish it were cold outside.

Here in Toronto it's been in the low 30s lately, and with the humidex factored in it feels like — excuse me while I make the calculation — 92-billion degrees, give or take.

It's been equally uncomfortable in most of Canada, and frankly, for me, anything over 25 C makes me wish I could trade my existence with an Antarctic researcher, or an Eggo in my freezer.

While it's true that in the depths of winter I have prayed for a July night, I'd have been equally happy this summer to see snowflakes fall from the sky and melt on my face.

Alas, no such luck, and I have to suffer like the rest of you, who convince yourselves that this sleepy, sweaty excuse for a season is the best time of the year.

As someone who hates the summer more than most, I am specially positioned to provide counsel on how to defeat it. As such, here are my tips for staying cool this summer. Follow these and you'll feel like the other side of the pillow.

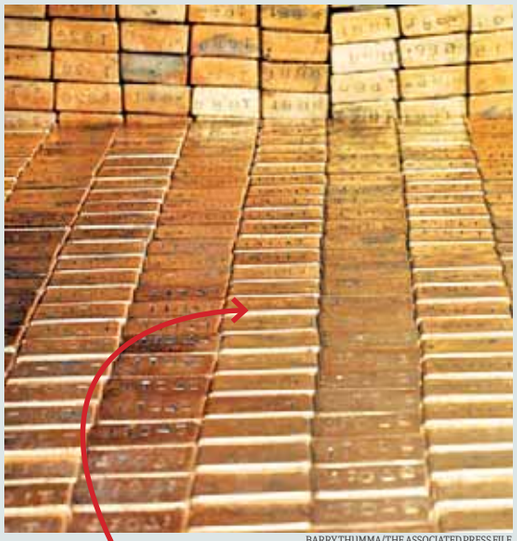
Cold comfort: Beating the heat and staying healthy during the summer

- Dehydration is caused by the loss of water and salt, so drink plenty of salt water.
- A wide-brimmed hat will keep the sun off your head and discourage U.S. drone strikes.
- During extreme heat alerts, visit elderly relatives and neighbours, because they're less likely to notice that you're wandering off with their air conditioner.
- Gatorade will give you energy you need to whine and complain with the same intensity Sidney Crosby does during every single stoppage in play.
- Be warned that breathable clothing is surprisingly difficult to inhale.
- Don't use the oven. I keep the oven off all year, because I'm so heat conscious.
- Many communities open public cooling centres during heat waves that include smiling, buxom models offering you free beer inside a room with a dance floor where the walls themselves are frosted glass. If you're not getting these perks, your tax money is being wasted.
- If you find yourself working outdoors in extreme heat, then I'll have a whisky sour — the real kind, with an egg in it, and don't sugar the rim. And try to make it today, OK, hon?
- In case of drought, keep a small electrolyte generator in your basement.
- On the hottest days, don't be ashamed to use a parasol to commit hara-kiri.
- Watch for signs of irritability. Remember that if it's under 25 C, you're the intolerable one, not the weather.

And those are my tips. I hope you found them helpful. Or perhaps they left you cold. If so, you're welcome.

ZOOM

When stars collide ... it's golden



BARRY THUMMA/THE ASSOCIATED PRESS FILE

FAIRBANKS GOLD MINING INC./THE ASSOCIATED PRESS

Shiny metals result from cosmic clashes

Gold bars are seen at the U.S. Depository in Fort Knox, Ky. A strange glow in space has provided fresh evidence that all the gold on Earth was forged from ancient collisions of dead stars, researchers said Wednesday.

Astronomers have long known that fusion reactions in the cores of stars create lighter elements such as carbon and oxygen, but such reactions can't produce heavier elements such as gold.

Instead, it was long thought that gold was created in a type of stellar explosion known as a supernova. But that doesn't fully explain the amount of the precious metal in the solar system.

About a decade ago, a team from Europe using supercomputers suggested that gold, platinum and other heavy metals could be formed when two exotic stars — neutron stars — crash and merge. Neutron stars are essentially stellar relics — collapsed cores of massive stars. THE ASSOCIATED PRESS

Glowing after a burst

3.9B

NASA's Swift telescope last month observed a gamma-ray burst that resulted from the crash of dead stars.

The burst, in a distant galaxy, was some 3.9 billion light-years away. Each light-year is about 6 trillion miles.

The burst lasted only a fraction of a second.

Using ground telescopes and the Hubble Space Telescope, the team noticed an odd glow that lasted for days.

Infrared light in the glow could be evidence that heavy elements such as gold had spewed out of the cosmic crash, the researchers said.

Struck gold

Fort Knox Mine, pictured, is the largest operating gold mine in Alaska.

- The research suggests gold was produced from stars crashing in the Milky Way. It doesn't delve into how Earth was sprinkled with riches, but previous studies have suggested that a meteor shower may have delivered gold to the planet.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

There are a lot of things that can make cycling more pleasant. A sunny sky. A cool breeze. Infrastructure that provides you with a place to ride safely. Sadly, those are largely out of your control. But you can control the level of technological wizardry your ride is equipped with if you have these apps.

BRYN LENNON/GETTY IMAGES

Bike Brain

A digital dashboard that packs GPS mapping as well as speed, distance and altitude tracking into a handlebar-mounted iPhone utility belt. Need to be more dazzled? There are available paid upgrades for additional features such as a Bluetooth-powered heart rate sensor. (iOS/Free)

Bike Repair:

The spring crush at bike shops to get your ride tuned up for the summer is long past, but you can avoid it altogether next year with this illustrated repair and maintenance guide to grappling with common bike-related woes. (iOS, Android/$3.99)

Coach My Ride:

Blessed with the imprimatur of top cycling coach Lionel Reynaud, CMR arms you with a professional training regimen with enough entry points to suit any cyclist, from weak-kneed beginner to corded-calved veterans. (iOS/$2.99)

Letters and Comments

RE: Chris Brown Teams Up With 'America's Worst Charity' To Bring Sick Boy To Canadian Show, published July 17

In my opinion Chris Brown has paid his dues as a citizen. I don't know what else people expect from him.

I know what he did was wrong but I truly believe that every person deserves a second chance to move on with their lives.

How can anyone do so if they are continuously harassed in the media, in public, etc.

I don't understand where people get the time, energy and the hatred to continuously harass someone that is trying to move on.

Maybe everybody should get a life then they wouldn't have time to make other people's lives difficult. In my opinion, if Jesus Christ forgives then so should we. There have been musicians that have gone to prison for murder and they are still making records. **A. Grossi, Toronto**

This is a really pathetic publicity pull, and all parties should be ashamed of themselves for using a sick kid to try to clean up their image. **Danielle Goyetche posted to metronews.ca**

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

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Letting your geek flag fly with Halloween in July

Costumes required.
Organizers hope to fill void in Ottawa nightlife

BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

Adam Tupper, left, with Wonder Geek's Activate! team members Cherry Valance and Dominic Bercier. KRISTOPHER WADDEL

After witnessing the success of Ottawa ComicCon the last two years, self-professed geek Adam Tupper launched Wonder Geeks Activate!, an events planning company with the goal of bringing together local geeks more often than just once a year.

"When we came up with Wonder Geeks Activate!, it was going to be just art shows but I thought maybe we had an opportunity to do more than that. It seemed as though there was an audience for general events surrounding geek culture so now the mandate for the business is geek culture meets nightlife," explains Tupper.

Since launching the company in February, Wonder Geeks Activate! has put on an art show, a burlesque show and recently hosted a life drawing course featuring models in cosplay outfits.

Cosplay, or costume play (dressing up as a fictional character), is a big part of geek culture. That's why Wonder Geeks Activate!'s next event is Halloween in July, where costumes are required.

"When I started getting into geek culture, I had no idea that there were people who were putting months into their costumes and then they only had one or two events to show them off," Tupper says.

"Before Ottawa ComicCon was created, there was one day a year where they could wear their costumes and that was Halloween."

Prizes will be awarded for the best costumes at the Halloween in July party. There will also be a candy counter to indulge your sweet tooth and a special food package will also be offered.

Through this event and others, Tupper hopes he and his team will be able to tap into a clear void in Ottawa's nightlife — events that cater directly to geek culture.

"Geeks are very social and they want events to go to, they want places to go where they can be themselves and have conversations about geeky things. We want to do geeky and nerdy style shows regularly so that you have some place to go every couple weeks and let your geek flag fly."

Wonder Geeks Activate! presents Halloween in July

- **When.** Saturday at 9 p.m.
- **Where.** Arrow and Loon Pub and Restaurant (99 Fifth Ave.)
- **Price.** : $20 or $35 for food package
- **Website.** Details at wondergeeksactivate.com

Clairvoyant predicts a Conjuring sequel

Lorraine Warren. Famed ghost hunter talks about how she deals with skeptics and that creepy doll that almost killed a priest

NED EHRBAR
Metro World News in Hollywood

The Conjuring is the latest film to bring the work of clairvoyant Lorraine Warren and her late husband, demonologist Ed Warren, to the screen, but it's the first to feature the Warrens themselves as characters (played by Vera Farmiga and Patrick Wilson). Here's what we learned from the engaging and energetic 86-year-old Lorraine Warren.

The film really is based on true events

In the movie? Almost anything that they use (is true). They didn't go off-track that much, and they always let me hear what they were doing. They would phone me and let me know. Most of it, yeah, it's really true.

She's now a big Vera Farmiga fan

(Vera and Patrick) came to our home in Connecticut to talk with us. My daughter happened to be visiting, and even my daughter said — and she would not if it wasn't true — she said, "Mom, that girl actually really knows who you are." Never met her before. I was really impressed by her, and I still am. She's a very down-to-earth girl.

She knows how to deal with skeptics

What I always ask them about is if they believe in God. You can reach people that way, to know them as a person. If you don't believe in God, how can you believe in anything supernatural? If you believe in God, no matter what your religion is, then you have to believe in something like this. That's the best way for me to put it, that way.

She's confident there will be a sequel

If this is a big hit — and it sure is showing signs of it — yes. And Vera and Patrick, I want them (to return). I think it's going to happen, honey. You know the Annabelle doll, the one that's portrayed in the beginning of the movie? I'm almost positive that they're going to be doing (another movie), and I think the Annabelle doll should be the next one. I'll never forget coming home with that doll in the back seat of the car. Ed stopped two or three times and he would cast out with holy water the back door of the car, make a sign of the cross with the holy water and command it to leave in the name of God. We got back in the car, and we were lucky enough to get home.

This Catholic priest had called me up because he wanted to come and bless the doll. I'll tell you that night, when the priest was going home he called and he said, "I was almost killed."

He said he saw the image of the doll in the rearview mirror and totalled his car.

Vera Farmiga, right, plays Lorraine Warren in The Conjuring. THE ASSOCIATED PRESS

Quoted

"If you believe in God, no matter what your religion is, then you have to believe in something like this. That's the best way for me to put it."

Lorraine Warren

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Last Week: 1 / Weeks on List: 5

2. INFERNO Dan Brown
In the heart of Italy, Harvard professor of symbology Robert Langdon is drawn into a harrowing world centered on history's most enduring and mysterious literary masterpiece – Dante's Inferno.
Last Week: 2 / Weeks on List: 8

This Week		Last Week	Weeks on List
3.	THE EYE OF GOD James Rollins	3	4
★ 4.	THE SECRET KEEPER Kate Morton	-	1
★ 5.	THE ENGLISH GIRL Daniel Silva	-	1
★ 6.	FIRST SIGHT Danielle Steel	-	1
7.	SILVER STAR Jeannette Walls	7	6
8.	THE FIRE WITNESS Lars Kepler	8	6
9.	BEAUTIFUL DAY Elin Hilderbrand	9	4
10.	ZERO HOUR Clive Cussler	10	8
11.	THE SECRET RACE Tyler Hamilton	11	5
12.	SECOND HONEYMOON James Patterson	6	3
13.	THE KILL ROOM Jeffery Deaver	13	7
14.	REVENGE WEARS PRADA Lauren Weisberger	5	7
15.	TRANSATLANTIC Colum McCann	15	7
16.	WILD Cheryl Strayed	16	16
17.	LET'S EXPLORE DIABETES WITH OWLS David Sedaris	17	13
18.	FLIGHT OF THE EAGLE Conrad Black	12	9
19.	BEST KEPT SECRET Jeffrey Archer	19	12
20.	THE GREAT DEGENERATION Niall Ferguson	4	5

Combined Fiction and Non-Fiction Bestsellers for the week, ending July 22nd
★ New this week

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Netflix's house of cards are refusing to topple

Emmy Awards. House of Cards and Arrested Development may become first online series to take big TV nominations

If Netflix's House of Cards and Arrested Development on Thursday become the first online contenders to nab top Emmy nominations, it will be a breakthrough moment for shows making a splash without the aid of a TV set.

If not, it's just a matter of time before the inevitable happens.

The video universe that once meant broadcast television, then added cable and satellite, has splintered again to encompass websites including YouTube and streaming services including Netflix and Amazon.

The expansion was recognized in 2008 by the Academy of Television Arts & Sciences with a rules change that added the Internet as an eligible Emmy platform. As with broadcast networks and other video distributors, programs must reach more than half of the U.S. audience to make the cut.

When the Emmy nods are announced early Thursday, a fair number of pundits say clever political drama House of Cards and Arrested Development, the offbeat sitcom resurrected by Netflix after it was dumped by Fox, will be in the awards hunt.

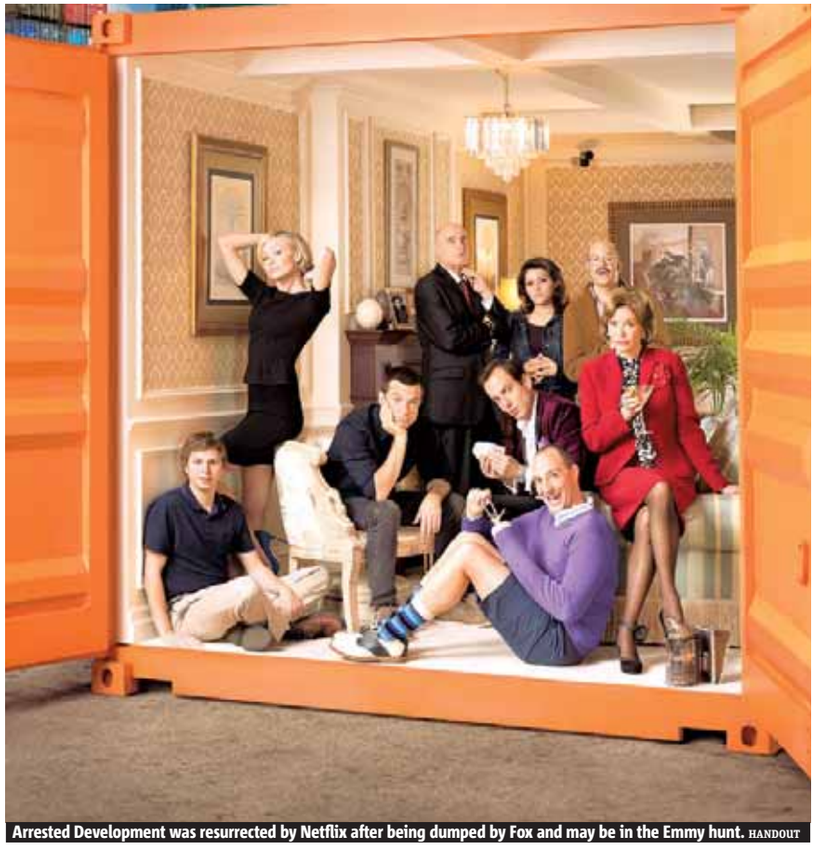
The series are tagged for possible top drama and comedy bids, with House of Cards stars Kevin Spacey and Robin Wright and Arrested Development cast members including Jason Bateman, Jeffrey Tambor and Jessica Walter seen as contenders for acting nominations.

There have been Internet nominees before, such as last year's Web Therapy and 30 Rock: The Webisodes in a short-format category, but not in the premier fields of acting and best series. Online shows competing with Emmy champs Breaking Bad and Modern Family will be the 21st- century version of the watershed 1990s showings by HBO's The Larry Sanders Show, The Sopranos and Sex and the City in those high-gloss categories.

THE ASSOCIATED PRESS

New era?

As for this year's potential game-change, with these series making waves without the aid of TV, "It certainly is a marker of the new era. ... It will send shock waves through the industry," said Tim Brooks, a former network executive and TV historian who co-wrote The Complete Directory to Prime Time Network and Cable TV Shows.



Arrested Development was resurrected by Netflix after being dumped by Fox and may be in the Emmy hunt. HANDOUT

Still bringing down the House, 35 years later

Of tributes and togas. Animal House producer tells today's comedy-creators to make sure their flicks are 'redeemably funny'

When making a rowdy comedy, just make sure it's redeemably funny.

So goes the mantra of producer Matty Simmons, the co-founder of National Lampoon who also helped guide National Lampoon's Animal House to the big screen.

The 1978 frat comedy celebrates its 35th anniversary with a tribute at Toronto's TIFF Bell Lightbox on Thursday, where Simmons, director John Landis and Canadian producer Ivan Reitman will reunite to discuss the making of a comedy classic.

Ahead of the tribute, the 86-year-old Simmons chatted from Los Angeles about the film's rocky beginnings, its wild off-campus parties and the irredeemable humour of today.

Jim Belushi gets his party on in Animal House. HANDOUT

This is yet another milestone for Animal House. What do you think of the tribute?

We've had so many anniversaries, it's been so long. It's an amazing movie because the lifespan of the movie has been unprecedented — there's almost no movie ever that's had the longevity of this movie. It still makes millions of dollars a year, it grosses millions of dollars a year in video and cable and foreign (sales), theatrical and everything else.

It was an iconic role for John Belushi. What was your personal relationship with him like?

He was like a son to me. I remember the day he died — what was that ABC news program that went on at night with Ted Koppel? (Nightline) — they called me and asked me if I would be on the show the night he died and I just couldn't handle it. I said, "No, no, I want to be alone." He was a sweet guy, he was just a lovely guy. I mean, I know he had all his faults and was into drugs and booze and everything else but he was just a good guy. And an incredible talent.

Was there any of that boozing and drugging on the set of Animal House?

Not by John as much because he was there with his wife but at night there was.... The nights of the shoot the rest of the Deltas had rooms at the local inn and there would be parties every night.... It was mostly in Bruce McGill's room, his room was party central.... One day one of the professors from the University of Oregon dropped by, took off his boots, sat back and drank some beer. When he got up to leave, someone had nailed his boots to the floor.

What do you think of today's comedies?

Today they do more on TV than in those days in movies.... The problem is they use obscenity and sex as a gimmick to get laughs without the joke and that bothers me. I had a rule at the Lampoon — you can say anything you want to say as long as it's redeemably funny. But most of the humour today I don't find redeemably funny.... It's just not up to par. But that's an old man lamenting.

THIS INTERVIEW HAS BEEN EDITED AND CONDENSED. THE CANADIAN PRESS

SNL overload?

Was Chevy Chase supposed to star in Animal House?

- **Simmons:** Chevy had scored big on Saturday Night Live when we put Animal House together and he wanted to play Boon. And I really didn't want (him) to do it because John Belushi came from Saturday Night Live and I figured if Belushi came and Chase came, everybody would think this was a Saturday Night Live movie and I wanted it to be a National Lampoon movie. (Chevy) had another offer to be the star of Foul Play and we said "Look, you're a star there, you're getting five times as much money. You don't want to be in an ensemble movie." So he passed on Animal House. ... And it worked out fine."

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DEFINITELY DEAD

A little fun turned into a book deal

@DadBoner. The comedian behind Twitter's favourite American dad talks about the origins of his schtick

DOROTHY ROBINSON
Metro World News in New York

Karl Welzein, a.k.a @DadBoner, loves Maui Jim's sunglasses, Guy Fieri, Bob Seger concerts and heading out to "Cold One City."

"Really lookin' forward to the weekend, you guys," he tweets weekly.

The Grand Blanc, Mich., native (and his hapless hijinks) are so beloved on Twitter, he's garnered close to 150,000 followers.

Mike Burns, the recently outed comedian behind the feed and author of the new book Power Moves, explains to us how "there's a little bit of Karl Welzein in all of us."

@DadBoner is one of the most popular Twitter personalities. Did you ever expect this success?
I absolutely did not. But it's so much fun how people love Karl Welzein as much, if not more, than I do.

How did the name @DadBoner come about?
Karl Welzein? The character was constantly talking about things that give dads "boners." Like a new Calloway driver, or getting two appetizers at Applebee's, or some new Wrangler jeans just like Brett Favre advertises. Also, the word "dadboner" is hilarious, and I'm childish and I'm a 12-year-old. "Karl" and "Welzein" are the first and last names of my two best friends from Michigan.

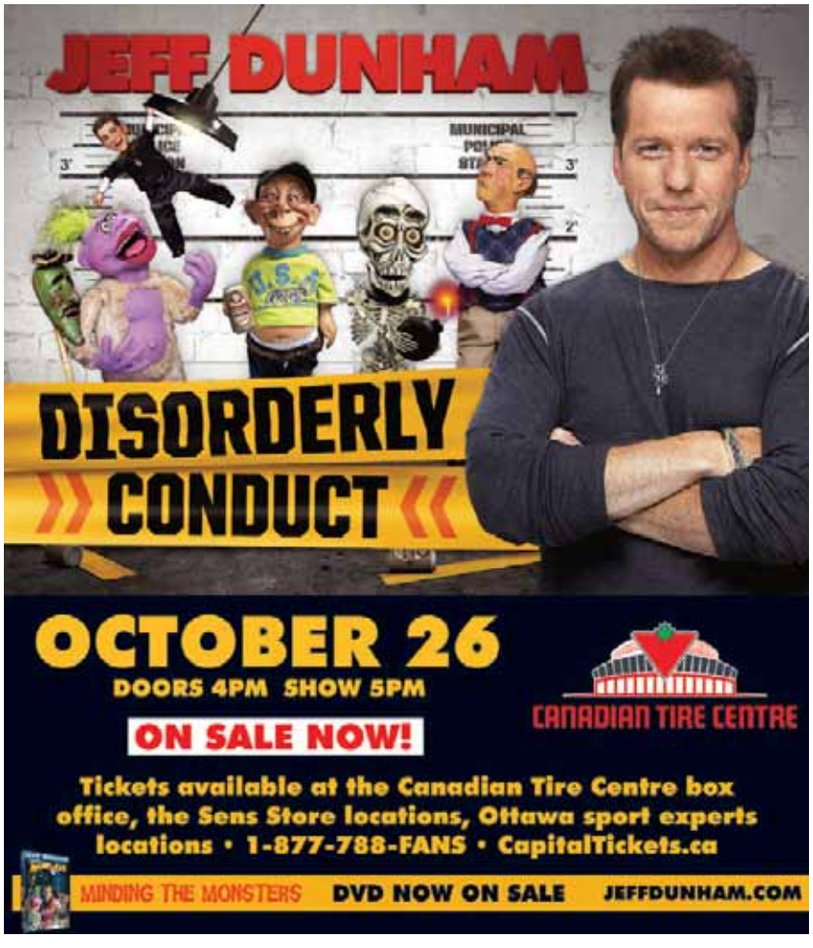
Why would someone buy Power Moves and not just read your Twitter?
The book is written in long-form — the way it was intended to be — as Karl Welzein's journal. ... I thought it was hilarious to have a fake person who only lived on the Internet get a real book published under his name, and now, you can physically hold it in your hands in real life.

It's so surreal to me. That fake guy you laughed at for the past three years is now a published author. It gives a whole other level to the story, having him deal with his own fake reality. It makes my brain hurt, in a good way.

Karl Welzein loves Chili's and drinkin' cold ones. HANDOUT

Top @DadBoner tweets

- Told work I gotta split for a business appointment. 'Cause drinkin' cold ones is my business, and business is good ...
- My workout routine: 1. Look at a pic of Stone Cold Steve Austin. 2. Do 'shups 'til you look like the Rattlesnake. 3. Cut off your sleeves.
- If you think it's "uncool" to love America, why don't you go see how "cool" it is to live in a country that doesn't have toilets or pizza.
- Change in your pocket, domesto cans on ice, your team on top, arms on swoll, a jam on the radio, and babes in the night. The American Dream.
- When you call the Suicide Hotline, they should just say, "Slow down, corncob. Have you tried Chili's? What's your problem?"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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Taylor Swift

Radio — making creepy men's dreams come true

A Boston radio station is learning the hard way that online contests for Taylor Swift fans can be tempting targets for Internet pranksters. Boston's Kiss 108 is holding a competition to find Swift's number one fan and give him or her a chance to meet the country star, but right now 39-year-old "Charles Z." is in the lead, thanks to his friends at the anonymous message board site 4chan. "My creepy 39-year-old friend named Charles would like to crush all those girls' dreams, and then sniff Taylor Swift's hair because he's into that," an anonymous supporter wrote on the site. "Help him crush the dreams of these girls and give him a chance to make a complete ass of himself by blatantly just sniffing her hair with cameras rolling." When word went out on 4chan about the contest, Charles jumped from 25th place to first place in less than 24 hours.

Kate Middleton and Prince William

Not everyone excited about the new Royal arrival

It turns out not everyone in the Royal family is preoccupied with the impending arrival of Kate Middleton and Prince William's first child. Margaret Rhodes, the Queen's first cousin, tells CNN that she's "not terribly" excited about the birth. "Everybody has babies and it's lovely," the 88-year-old says. "But I don't get wildly excited about it."

The Word

Cranston says he very nearly had a dark Walter moment

MELISSA TUBB
Metro World News in New York City

Playing a character like Walter White on Breaking Bad means facing your darkest impulses. And even a genuinely nice guy like Bryan Cranston — who plays Walter — has had some nasty moments in his life. He once fantasized about killing an abusive ex-girlfriend who was stalking him. "My apartment had a brick wall on one side, and I envisioned opening the door, grabbing her by the hair, dragging her inside, and shoving her head into that brick wall until brain matter was dripping down the sides of it," Brian told GQ. "Then I shuddered and realized how clearly I saw that happening. And I called the police because I was so afraid. I was temporarily insane — capable of doing tremendous damage to her and to myself." Gross! Still, good for Bryan for having the sense to call the police. Walter White would have just killed that girl and her entire family.

Johnny Depp ALL IMAGES GETTY

Have you Heard who had a day out with Depp's kids?

Johnny Depp reached a major milestone in his relationship with Amber Heard this week: taking a trip with the kids. Heard accompanied Depp along with his 14-year-old daughter, Lily Rose, and his 11-year-old son, Jack, on a trip to Tokyo to promote The Lone Ranger, according to Us Weekly. It's a big step for the couple, who have reportedly been dating since Depp split from longtime partner Vanessa Paradis.

Twitter

@JuddApatow
Stress is a great funk remover.

@AlbertBrooks
Maybe I'm old fashioned but putting the Boston bomber on the cover or Rolling Stone is a terrible idea.

@Sethrogen
You know what's awesome about falling off your bike and breaking your elbow? Not a f—in' thing.

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Resort to shopping in this time of transition

Clothed in confusion?
Despite the label it looks like you don't need a passport to get into resortwear — just an insatiable desire for new wearables

KATHRYN GILBERT
Metro World News

Resort, it's that increasingly vague season of clothes that's currently in stores. And the runway shows for next year's resort season recently wrapped up in June. But what does resort mean? As the fashion world's transitional moment gets bigger and bigger, its purpose grows increasingly murky.

Designers initially intended the resort season to address a woman's summer holiday wardrobe needs. But does Roksanda Ilincic actually expect us to wear her voluminous coats poolside? Will Lanvin's jewel-encrusted dresses fit in our luggage?

Let's start with what's pretty clear: resort is all about the money. Helen Davis, head of womenswear at Harrods in London describes it as the "most commercial delivery we buy into, as it is on the floor at full price for over six months and therefore drives the business". Resort also tends to have fewer bells and whistles. As Davis points out, the collections include "good transitional pieces and classic styles," making resort purchases solid investments. They're also cheaper than seasonal collections: "The runway shows showcase the best a designer has to offer and the most wow pieces of the season, therefore, the top price point for show collection pieces usually well exceeds the top price point of pre-collection pieces."

But don't you need to buy a ticket to St. Barths to wear your reasonably priced resort wardrobe? Well, it turns out the name is a bit of a red herring. Because while it was once destined for monogrammed luggage flying out to far-off lands, now the season is about fulfilling shoppers's desires for something new. Davis points out that brands are increasingly "introducing a pre-collection offering, to ensure there's constant newness on the floor."

ROKSANDA ILINCIC

Transitional collections such as the ones pictured (all resort 2014) are growing in importance.

Chanel

JW Anderson

The cheat sheet

The fashion calendar

In the clothing business, it's the equivalent of the Gregorian calendar — instead of Christmas and Easter you get autumn/winter and spring/summer, with a slew of other runway shows in between.

Women's ready to wear (RTW)

These collections show twice a year, with the major focus on New York, London, Paris and Milan. They usually feature higher-priced showpieces that you'll see in magazines, on celebrities and editors throughout the season.

Resort

Also known as cruise or pre-collections, designers show these commercially orientated lines twice a year in the four major fashion capitals. Unlike RTW, there are no centralized venues or schedules.

Couture

Couture shows in the same manner as RTW, with a set calendar of shows, but is a completely different concept, focusing on rarefied, exclusive, painfully expensive custom garments. Fewer designers will show here. This is one for the big boys.

Men's RTW

One of the most recent additions to the fashion calendar, men's RTW is organized just like its female counterpart. This is where the more avant-garde menswear trends come from.

Trends Report

- Trends Report's Canadian By Design discovers up-and-coming talent in the Canadian fashion scene. This week, meet Minling — a Toronto-based designer and stylist whose new line of eye-catching clutches will surely make you the centre of attention at any soirée.

metronews.ca/voices/trends-report

Follow Irene on Twitter at @MetroIreneK

Mr. Hare cobbles a career

Fashion by the foot.
The dreadlocked designer chats Frank Ocean, getting laid and why he makes shoes for dancing

RICHARD PECKETT
Metro World News

Hare has steadily expanded his global footprint from having his shoes stocked on just one website, to global shipping at mrhare.com, to opening his first brick and mortar store in September last year. HANDOUT

The old adage, "The shoe makes the man," couldn't ring more true for Marc Hare. In 2008, the designer lost his job in fashion marketing and went on to create, in his words, "shoes for every moment." He designs for sybarites and socialites — men with a touch of the playboy about them. Not dissimilar from Hare, really, who has a passion for the sun and surfing. In fact, the 42-year-old describes himself as a "lazy person" but for a man who alludes to being a beach bum, he gets a lot done.

You've got an old leg and foot injury. Do you design shoes for your own comfort?
I did design them around me but our most comfortable shoes are just that comfortable on everybody. It's well known that I just love holidays and being in hot places; a lot of my shoes are made for hot weather countries in the Mediterranean or on the equator.

Do you take back inspiration from any of those countries?
Always, because you come back with colours, shapes, even the attitude of that country. I'm half English and half Jamaican and I think it has a massive effect on the shoes I design and what I think is the basic shoe opposed to what the German industry thinks is a basic shoe.

What's your go-to shoe?
I haven't got one; I have a basic collection.

There are some pretty outlandish men's shoes out there at the moment, with Jimmy Choo and Christian Louboutin going down a flamboyant route. Would you ever embellish your shoes in the same way?
It's a different kind of thing to do what I do but never say never. Those people have been making shoes for a long time and they put things into their shoes that I don't even know yet. I'm just blown away by the technical aspects.

You once mentioned that you rarely give shoes away to celebrities. Have you changed your attitude about that? And if so, which celebrities make the cut?
Not unless I have — it's quite personal. If I'm inspired by what you do and if what you do raises my daily game then you can have some shoes. Like Tom Hardy — what a genius actor. Any time of day he can have them. Actually, Frank Ocean would be about my ultimate person to see in my shoes. He has a pair but I've just never seen him in them.

Women are said to judge a man by his shoes, so will your shoes help get a man laid?
It'll help but it's not a done deal. If you're a dick in my shoes, you're still a dick.

Mr. Hare by the numbers

Hasn't shaved since he was 19 — he's now 42.

He's been growing his hair since he was 17.

Sold 300 pairs in 2008, compared to 7,000 this year.

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The perfect guest room, coffee and all

I recently moved into a small townhouse and would like to decorate my spare bedroom differently than the rest of my space. Any advice? - MJ, Ottawa

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Choose a decor theme that you might like to get away to, but keep it neutral to appeal to all guests. This will keep you passionate about the decorating project but thinking of your guests first and foremost.

At my house, I decorated a guest room influenced by the seaside looks of Nova Scotia. Without being too country, I created a bright and neutral decor scheme using warm white, foggy blue and warm light wood tones.

The furnishings were clean-lined and not too fussy to appeal to my urban jet-setting guests.

Comfort

Buy a good mattress (or add a feather bed mattress topper to an existing mattress) for a luxurious night's sleep. Consider a double-sized bed if space is of concern; it offers lots of room for one yet sleeps two in a pinch. Purchase neutral coloured sheets and towels; buying quality means longer-lasting and easy care. Add carpets and draperies if you want to create a quieter atmosphere for your guests.

Create an oasis

A convenience espresso maker for a quick sip while getting ready for the day, a docking/charging station to listen to some music, a basket filled with spa/bath products will all allow guests to relax in their room when they wake up. Books, current magazines and a portable DVD payer will allow quiet time before turning out the lights in the guest room.

Buy a good mattress so your guest can have a luxurious night's sleep. A double bed will do if space is a concern. ISTOCK IMAGES

Natural wood-tone docking station soothes the room with looks and sound. IPHONE 5-ALARM CLOCK DOCKING STATION, $40, URBANOUTFITTERS.COM

Tight and tidy espresso makers offer a morning sip before leaving the room. NESPRESSO U C50, $199, NESPRESSO.COM

Neutral-coloured cotton towels. WHOLE HOME HOTEL COLLECTION, FROM $12, SEARS.CA

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Cool, light colours tend to make a small space appear larger and brighter. YVONNE DUIVENVOORDEN PHOTOGRAPHY

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Dusting an oil painting

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If you are lucky enough to have an oil painting in your home the question that will come up at some point is, "How do I clean it?" Well, let's discus this for one minute, as there are two stages to cleaning this type of painting.

The frame

This should always be dusted with a fine soft powder makeup brush as needed. You want this type of makeup brush as it will not damage the wood frame and will not remove any of the gold that may be on the wood frame. Dust the frame from the centre (area closest to the painting) outwards. If your frame is particularly dusty, use a vacuum on low speed to absorb the dust going into the air after the motion of the makeup brush. Never use the vacuum tool directly on a wood frame as the brush will not be soft enough and may damage the frame or scratch the finish.

The art surface

Don't clean the surface. The rule of thumb that I teach every student in butler school is always the same — don't ever touch the canvas of any art! This should be the rule of thumb that you always practise at home. Some books say it is OK to use white sandwich bread or bread dough to "sponge" against the canvas to absorb the dust, without rubbing. This is a huge mistake. Always use the advice of an art expert/curator. Imagine if you had some oil painting handed down for several generations and you were unknowingly to ruin the painting using such a technique.

DECORATE FOR SUMMER STYLE

Decorate your apartment to make it feel more summery with these decor ideas.

Add some bright vibrant colours to your living room. Consider an orange lampshade and throw pillow, offset by a light green rug or throw blanket. Match the colour of your accessories with a freshly painted and vibrant wall. Stop by your local stores in search of bright coloured vases or other colourful pieces to place throughout and radiate the warmth of summer.

Wrap your beds headboard with a brightly coloured fabric. It doesn't have to cover the whole thing, just part of it. Visit your local retailers and pick out some summery new sheets, pillowcases, and a comforter. Have a big window in your bedroom? Cover it with a white sheer drape and then a brightly coloured curtain.

Use fresh flowers as centerpieces. Consider floating plants or flowers in a glass bowl as a centerpiece. Add a few floating votives to illuminate at night and you have a wonderful and conversational centerpiece. You might even go as simple as placing some bright coloured fruit in a bowl and going with that.

Bare walls can be a bore so accent them with some colour. One easy way to do this is to take some cheap frames and frame colourful wrapping paper or art. Then hang a series of these on the walls.

You might also look into peel-and-stick wall decals to place throughout your apartment. They are a cheap, easy way to accessorize those walls. You can even use them on furniture, cabinets, and other flat surfaces that need a dressing up.

If you are looking for patterns rather than solid colours for your fabric materials, try large dots, stripes, shapes, and floral patterns. Nothing says spring or summer like those patterns.

One of the best ways to summerize any room is to do something new and bright with the windows. Whether it's a new window treatment or hanging some stained glass or something else, changing this up will add a whole new dimension to any room.

Article courtesy Articlesbase

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Wrap it in raspberry: This leather forecast calls for natural, tasty treats

What does a child's snack have in common with a $300-a-head meal at a three-Michelin-star restaurant?

These days, both frequently include an edible leather: a purée of fruit (or, in the case of the restaurant, more often of a vegetable, such as tomato or onion) spread thin and dehydrated until it becomes stretchy.

Commercial fruit leathers roll out of factories by the yard, and those served at high-priced restaurants are prepared by expert chefs, so you might think that such a modern creation is beyond the means of the home cook.

But it's actually amazingly quick and easy to make an all-natural fruit leather that is a tasty, healthy and portable snack.

And you can use the same technique to create savoury vegetable leathers that add interesting, modern touches to traditional dishes.

All you need to make your own leather is a blender, an oven and about 20 minutes of prep time. Edible leathers do need one to three hours to dehydrate — the thicker the layer of purée, the longer it takes to dry — but you can do other things while they sit in the oven. For these recipes, timing is not critical.

Start to finish: 2 hours

Ingredients

- 2 cups (300 grams) raspberries
- 1 tablespoon (12 millilitres) cooking oil
- 1/4 cup (45 grams) sugar
- 0.6 grams (3/16 teaspoon) xanthan gum

Servings: 4

1. Arrange an 11-by-17-inch non-stick silicone mat on a rimmed baking sheet. Heat a food dehydrator to 150 F, or set your oven to its lowest temperature.

2. Combine all ingredients in a blender, then puree until thoroughly blended, at least 30 seconds. Working quickly, pour the purée onto the mat and use an offset spatula or other long, flat utensil to spread it into an even layer 1/16 inch thick. If the purée sits too long in the blender it may set into a custard-like gel; if that happens, blend it again until it becomes fluid enough that you can spread it easily across the mat.

3. Place the baking sheet in the dehydrator or oven, and dry until leathery and tacky to the touch. A drying time of 1-1/2 to 2 hours is typical, but the time required can vary considerably depending on the thickness and wetness of the purée layer, the temperature of the chamber and the humidity of the air. Use the convection setting on your oven if one is available.

4. When the leather is done, peel it gently from the mat, and use scissors to trim it to individual serving sizes; for use as a garnish, cut it into long, thin strips. To store the leather pieces, roll them individually in waxed paper and then in plastic wrap. The leather will keep for a week when packaged this way.

THE ASSOCIATED PRESS

Sweet Raspberry Leather

The finished product is a versatile, tasty treat. AP PHOTO

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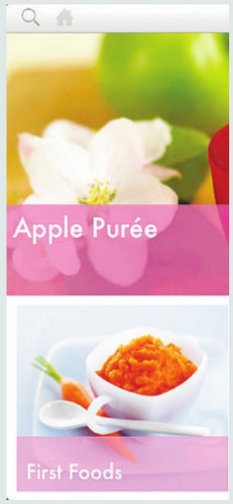

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2014 World Cup

FIFA president second-guesses choice of host site

FIFA president Sepp Blatter said Brazil might have been the wrong choice as host of the 2014 World Cup if the tournament is affected by social protests like those at the Confederations Cup last month.

Hundreds of thousands of Brazilians took to the streets during the warm-up tournament in June, demanding better public services and expressing their anger over the costs to stage the World Cup.

Sepp Blatter
GETTY IMAGES

"If this happens again we have to question whether we made the wrong decision awarding the hosting rights," Blatter told German press agency DPA on Wednesday.

THE ASSOCIATED PRESS

Cry for respect

"It's not fair to blame someone without evidence against him. We demand more respect for Chris and for all the riders."

Gianni Bugno, president of the Association of Professional Riders, on Chris Froome, pictured, who is facing questions over whether he is riding clean in the Tour de France. Froome extended his overall lead to four minutes 34 seconds by winning the 17th stage on Wednesday. The last rider to carry as many stage wins as Froome to Paris was Lance Armstrong.

Ryan not trying to fill Alfie's skates

NHL. Star off-season acquisition is amped to be in Ottawa, but filling spot of former captain isn't on big forward's agenda

New Senators forward Bobby Ryan fist bumps a young player during a hockey camp at the Bell Sensplex on Wednesday.
SEAN KILPATRICK/THE CANADIAN PRESS

Seeing himself as a bit of a chameleon, Bobby Ryan believes he can blend in on just about any team.

And while he is convinced he will adapt to any spot in the lineup, the new Ottawa Senators star forward has no intention of filling Daniel Alfredsson's skates.

Ryan made an appearance in the nation's capital Wednesday for the first time since being acquired in a July 5 trade from the Anaheim Ducks.

"I don't think there's anyone who's going to take that place," the 26-year-old Ryan said of the leadership role former captain Alfredsson had with Ottawa.

"Especially with what he's done in the community," he added. "If anybody's going to do that, it's going to be (Jason Spezza)."

The Ryan trade was overshadowed by Alfredsson's surprising decision to sign with Detroit as a free agent after 17 seasons in Ottawa.

Ryan said it will take some getting used to being in a hockey-mad market like Ottawa.

"It's a completely different culture from what it's been like the past six years," he said. "I can't wait to be a part of it."

Ryan is expected to play on the Sens' top line alongside Spezza and says in addition to getting to know the city, he needs to get to know his teammates.

He says he's spoken to Spezza a couple of times but they haven't yet skated together, something Ryan said he needs to do so they can both get a feel for each other's playing style.

"I know that we'll probably skate together for two or three weeks before camp starts," he said. "Playing with a guy like that is easy."

Ottawa gave up plenty to get Ryan, sending forward Jakob Silfverberg, prospect Stefan Noesen and a first-round pick in 2014.

Ryan said he's happy to be moving east, closer to his hometown of Collingswood, a suburb of Philadelphia.

"I get to be in Philly and play there, too," said Ryan. "So I'm excited about that."

THE CANADIAN PRESS

Better things ahead?

"Last year was kind of a write-off. It just never really took off for me."

Bobby Ryan, who had 11 goals and 30 points in the 48-game, lockout-shortened 2013 season.

Concussions on rise despite rule change, study finds

Canadiens forward Lars Eller lies on the ice after a check from Senators blueliner Eric Gryba during Game 1 of their first-round playoff series in Montreal. Gryba was suspended two games for the hit. GRAHAM HUGHES/THE CANADIAN PRESS

The NHL's three-year-old rule on illegal hits to the head isn't working and tougher sanctions are needed to reduce concussions, concludes new research led by Toronto's St. Michael's Hospital.

The study, published online Wednesday in the journal PLOS ONE, found that the number of head injuries has actually increased since the rule that made targeting an opponent's blindside illegal came into effect in the 2010-2011 season.

"It is very clear that we haven't come very far. The problem is still a huge problem and it hasn't had the effect that people were hoping it would," said lead author and neurosurgeon Dr. Michael Cusimano.

During the 2009-10 hockey season — a year before the controversial Rule 48 came into effect — there were 77 concussions, suspected concussions and facial fractures, the study found. But the following season, that number jumped to 120, and the season after, it increased even more — to 126.

Researchers looked at data from official game records and team injury reports.

They also found that more than 64 per cent of concussions were caused by bodychecking, while only 28.4 per cent of events that led to concussions were called "illegal," resulting in the aggressor being given a penalty, fine or suspension.

TORSTAR NEWS SERVICE

Woes beyond the pros

"There is a spillover effect on hundreds of thousands, if not millions, of kids."

Dr. Michael Cusimano, who says tougher NHL rules will result in stiffer minor hockey sanctions.

4 SPORTS

Rory McIlroy of Northern Ireland and coach Michael Bannon during Wednesday's practice round at Muirfield in Gullane, Scotland. STUART FRANKLIN/GETTY IMAGES

McIlroy to Faldo: Keep the change

British Open. Young star shrugs off golf legend's two cents that he needs to work more to overcome struggles

Rory McIlroy hasn't gotten too worked up about his struggles this year.

He certainly doesn't need any advice from Nick Faldo.

McIlroy shrugged off a suggestion from the six-time major champion to spend more time concentrating on golf, saying Wednesday that Faldo "should know how hard this game is at times."

McIlroy won his second major title last summer with a runaway win at the PGA Championship, but the 24-year-old from Northern Ireland has been off his game this season after changing equipment. Heading into the British Open, some have also speculated that off-the-course activities have cut into his preparation time and mental sharpness.

Earlier this week, Faldo seemed to join that group when he urged McIlroy to spend the next two decades focused solely on his golf, calling it his "window of opportunity," before savouring all the benefits of being a multiple major champion.

"What's the big deal?" McIlroy said. "I haven't had the best six months, but it's OK. I'm fine. I've got a good life. So, you know, it doesn't bother me. I'm in a good place. And as I said, I'm working hard. I feel like I'm working on the right things. And sooner or later it will turn around and I'll be back lifting trophies."

Faldo said he believes McIlroy's struggles are mainly mental.

"The most ideal thing is to go to the club, 9 in the morning, hit balls all day long, and you leave at 5," Sir Nick said.

McIlroy said he intended to play 108 practice holes at Muirfield leading up to the Open, and he took a jab at Faldo's proposed schedule.

"I actually was on the range at 6:15 (a.m.), and got out of the gym at 6:15 (p.m.) — actually a 12-hour day compared to his eight-hour day," McIlroy said.

THE ASSOCIATED PRESS

Quoted

"You're going to go through highs and you're going to go through lows. It's just about trying to work your way out of the lows." **Rory McIlroy,** on his recent struggles.

No women allowed

Head of R&A defends men-only clubs

Defiant, the head of the Royal & Ancient issued a Hootie Johnson-like salvo in the latest battleground over male-only golf clubs: The British Open will not yield to pressure over three of its venerable clubs refusing to admit female members.

The way Peter Dawson looks at it, to compare this to racial or religious discrimination is "absurd."

At his news conference on the eve of the British Open, Dawson faced a barrage of questions about the no-women-allowed membership at Muirfield and two of the other nine venues in the tournament rotation.

He was prepared for the issue, reading from notes that made it clear he believes single-sex clubs do little harm to the game and have largely been targeted by the media, politicians and interest groups.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
There are so many positive influences in your favor at the moment that you really don't have to try too hard. Today's Jupiter-Neptune influence will make you feel more laid-back

♉ Taurus
April 21 - May 21
It appears that you are keeping something from those you live and work with. No doubt you have a good reason for doing so but don't forget it is natural they should be suspicious.

♊ Gemini
May 22 - June 21
When communicating with other people make sure it's not just one-way traffic. In other words, listen as well as talk. What you learn today should be both enlightening and amusing.

♋ Cancer
June 22 - July 23
Take care of details today or risk having to waste time putting them right later on. But don't get so involved in minutiae that you lose sight of what it is you are trying to do.

♌ Leo
July 24 - Aug. 23
If you expect the best today it will most likely happen. How could it not when so many people are desperate to see you succeed?

♍ Virgo
Aug. 24 - Sept. 23
Some of the things that were important to you yesterday won't seem so important to you today and come tomorrow you probably won't care about them in the slightest.

♎ Libra
Sept. 24 - Oct. 23
You will be asked to take on extra responsibilities today and although you are under no obligation to say "yes" you will earn yourself a great deal of credit if you do.

♏ Scorpio
Oct. 24 - Nov. 22
You need to exercise self-discipline when dealing with financial matters.

♐ Sagittarius
Nov. 23 - Dec. 21
If you have been planning a clean out of things that no longer serve a useful purpose then today is a good day to start. It won't be as disruptive as you fear

♑ Capricorn
Dec. 22 - Jan. 20
Don't push yourself too hard, even if you are behind in your schedule. Timetables can be useful but they can also hinder your efforts and stifle creativity if they are too restrictive. The clock is your guide not your master.

♒ Aquarius
Jan. 21 - Feb. 19
Try not to take it as a personal insult if someone refuses to see things your way. It could be you who has got it wrong. Okay, maybe that's going too far but it's certainly true that different people see things in different ways.

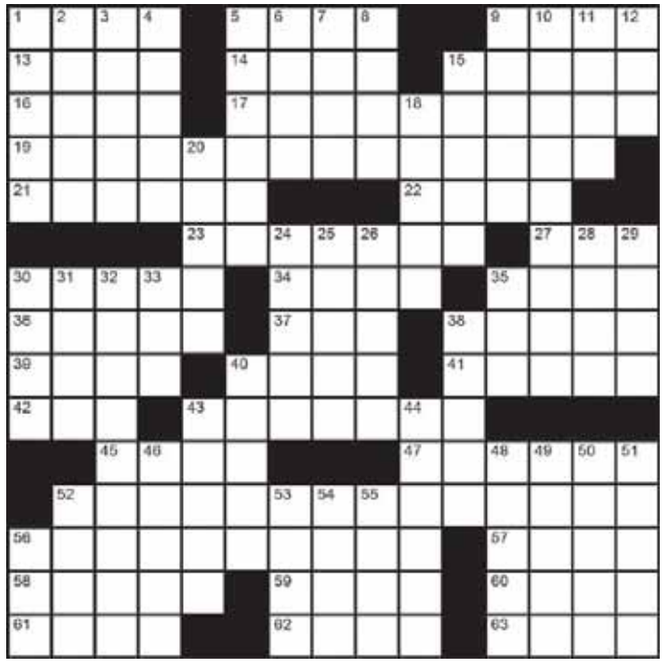
♓ Pisces
Feb. 20 - March 20
Don't sell yourself short. Claim the credit you deserve. Shout about your achievements. You are a very special person and you are doing some very special things.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across

Across
1. __ of relief
5. Actress Ms. Dawber's
9. "Pardon me?"
13. Epithet for Athena
14. De-wrinkle shirts
15. Poultry places
16. Ville: English
17. Joni Mitchell song that starts "Sitting in a park in Paris, France..."
19. Alanis Morissette tune: 4 wds.
21. Title of reverence for God in Hebrew
22. Hopeful
23. London, ON born actress Rachel
27. Mil. rank
30. Vaulted church areas
34. Sits under the rays
35. Prefix to 'gram' (Hospital image)
36. Particular planet
37. Mr. Danson
38. Unrest unravellings
39. British bars
40. Up-in-the-sky toy
41. Sea eagles, variantly
42. Sugar amt.
43. Spray sort
45. "__-__-Di..." (Beatles song title bit)
47. 'Birthplace of New Scotland' in Nova Scotia
52. McCain cake, __ '__
56. "The __ Candidate" (1962) starring Frank Sinatra
57. Wind direction device
58. "I'm Every Woman" singer Ms. Khan
59. Advocate
60. Empire of Peru
61. Rhyme Time: Hissy, Missy, __
62. Clutter
63. Caustics

Down

1. Mr. Baron Cohen
2. Trojan War epic
3. "(I Can't __ __) Satisfaction" by The Rolling Stones
4. Austrian composer Joseph (b.1732 - d.1809)
5. Food-in-a-basket fun
6. Ancient Syria's biblical name
7. "Holy __!"
8. Crop
9. Does labour
10. Niagara Falls, The __ Capital of the World
11. Make _ __ stop (Be driving, do this)
12. US airport screening org.
15. Ms. Chanel's
18. Documents for filling out
20. Retort to "You are not!": 3 wds.
24. Bustling
25. Because of: 2 wds.
26. Mountains in South America
28. Gambler's input
29. Brit singer Ms. Stone
30. Scheduled time, as with a Dr.
31. Positive
32. Documents from process servers
33. Cannes conjunctions
35. Lady's man
38. "The Beachcombers" character
40. Sandra's "Speed" (1994) co-star
43. 1st Greek letter
44. Supposes
46. One of Roseanne's TV daughters
48. Politely mannered
49. Go __ length (Do whatever it takes): 2 wds.
50. Small quantity
51. __ directed (Prescription warning): 2 wds.
52. Morse Code bits
53. Be a rock band musician
54. U2's land
55. Falls behind
56. 1101 in ancient Rome

Wednesday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8		2	3		4	5		1
		9	2		1	6		
	7						9	
			1		9			
1								4
			7		8			
	3						4	
		4	5		6	1		
9		6	4		7	2		8

Wednesday's Sudoku

8	6	2	5	4	3	9	7	1
1	3	4	9	7	8	5	6	2
7	5	9	1	6	2	3	4	8
9	7	8	6	1	5	4	2	3
2	1	3	7	8	4	6	5	9
5	4	6	3	2	9	8	1	7
4	8	7	2	3	6	1	9	5
3	2	5	4	9	1	7	8	6
6	9	1	8	5	7	2	3	4

Today 29°/20° Thundershowers 40%
Friday 30°/16° Thundershowers 70%
Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

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Meet Sofia.

She was one of our first employees in Mexico City when we opened up shop there in 2005 and is now the country manager. Before working for us, Sofia was pursuing acting and modeling, but did not enjoy always pretending to be somebody else. At American Apparel, Sofia is able to work in a variety of fields, from sales, to management, to marketing, to modeling, all while being herself. She especially likes seeing such an accurate representation of herself in our ads: no makeup, no touch ups, just Sofia. In her spare time, Sofia likes to be in nature, she enjoys running, biking, walking, meditating, doing yoga, or sitting in the countryside with a cup of coffee, writing about her dreams, ideas, and unique faces she has seen or imagined. Sofia also likes to go for early coffee with her mom, spend time with her little brothers Ricardo and Cesar, and hang out with her girlfriends over wine and home-cooked food. Sofia is currently helping out in NYC, and hopes to keep traveling with the company because she has always enjoyed discovering new places and people. Sofia is pictured here wearing the Fitness Bra and Tennis Skirt.

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